

Life Coaching

It wasn't hard to set those New Year's Resolutions. It's keeping them that's caused problems. After all, you know what improvements need to be made.

You know how much weight should be lost, how much credit card debt should be reduced and how much volunteer work you should be doing. And, of course, you know when your career is in need of a complete makeover.

When it comes to actually doing these things, however, real life can sometimes get in the way. That's why more and more people are turning to a life coach to keep them on the right path.

"A life coach helps you stay focused, helps you overcome obstacles, picks you up when you're down, helps you think bigger," says local life coach Lori Radun. "I don't think there's a person who couldn't benefit from life coaching."

Radun began coaching three years ago after a successful business career. When her work-at-home job was eliminated and she was given a full-time position back in the office, she decided to follow her heart and do something else.

She declined the office position and began searching for a job that better suited her talents and true being.

A friend suggested she would make a fantastic life coach, but Radun knew little about the profession. As she began researching the field, she was overwhelmed with feelings of excitement, passion and connection.

She attended the Institute of Professional Empowerment Coaching in New Jersey and never looked back.

"There is absolutely no doubt in my mind that coaching is where I am



supposed to be," she says. "I've never looked back. It has been a total blessing in my life."

A life coach serves as the client's cheerleader, champion and unbiased advocate. Therapists may work on old wounds, but a coach helps people who are struggling in their present life.

"A life coach assumes you're through with your past," she says. "It's for the everyday, average, normal person wanting a better quality of life."

Radun—who works with her clients in person, by phone and via email—creates step-by-step plans to move clients toward their goals.

Whether she's helping a stay-at-home mom or a Type-A corporate climber, Radun serves as an enthusiastic partner and compassionate sounding board. She usually sees a bump in interest after New Year's, when people are over the holiday stress and looking to improve themselves. Radun recommends life coaches only for people who are prepared to make important changes.

"Not everyone is ready for a life coach," she says. "But once you are ready and you do value what they can do, it's a great experience."

Parking Problems

Few things define the Naperville experience more than trying to find a parking spot at the two local train stations.

At the downtown depot, the waiting list stretches more than six years for a parking permit. Over at the Route 59 stop, commuters spend a little over two years hoping and praying for a spot.

The two stations are the busiest in the suburbs, with more than 10,000 daily boardings combined.

About 74 percent of those riders park at the lots, where permit holders pay \$1 per day and daily users are charged \$2. Naperville officials, however, would like to give commuters more incentives to avoid driving to the station.

City staff members are expected to present recommendations for curbing on-site parking to the transportation advisory committee this month. Possible ideas include raising parking permit fees, increasing the number of park-and-ride locations and lowering the cost of bus service.

The advisory board will help develop the suggestions before bringing them to the city council for review.



Winter's Last Hurrah

Get out those tubes and snow runners for one last ride. The city's sled hills will remain open through Feb. 29, as long as there is a two-inch layer of snow and no visible grass. Sledding is available at Arrowhead Park, Brook Crossings, Gartner Park, May Watts Park, Rotary Hill along the Riverwalk, Springhill Park and Country Lakes Community Park. Snowboarding is allowed only at Weigand Riverfront Park. Ice skating is allowed after 72 hours of consecutive temperatures of 15 degrees or below. The warming house at Centennial Park, which has two lighted hockey rinks and a free lighted skating area, closes Feb. 15. There also is a community rink for free skating at Gartner Park. For more information, visit www.napervilleparks.org.